



Nourish to Flourish

**Morgan Willard,
MS, RD, LN**

Practical Wellness Strategies for Women in the Workplace

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Overview

In today's workforce, energy, focus, and well-being are essential tools for success.

Good nutrition, movement, sleep, and stress management are crucial puzzle to showing up as best version of yourself.

Perfection is not the goal-- however making small, sustainable changes can lead to life long habits that boost energy, sharpen focus, and enhance resiliency in the workplace.

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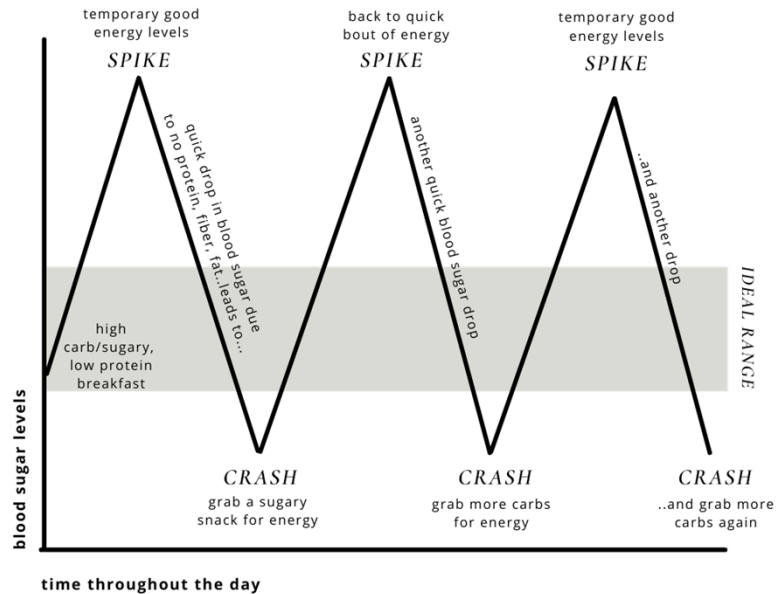
Breakfast

Scenerio I

On your way to work you grabbed a banana on the way out the door and grabbed your favorite flavored Starbucks drink on the way to work

Cue the blood sugar roller coaster..

THE BLOOD SUGAR ROLLER COASTER



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Breakfast

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Protein:

Eggs
Greek Yogurt
Cottage Cheese
Chicken/Turkey Sausage
Smoked Salmon
Protein Powder
Beans
Tofu

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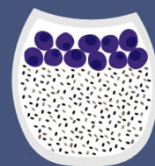
Healthy Fat:

Avocado
Egg Yolk
Nuts
Nut Butters
Seeds
Cheese
Dairy

③

High Fiber Food/Carb

Vegetables
Fruit
High fiber bread/crackers
Nuts/Seeds(also a fat)
Avocado (also a fat)



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Breakfast

Scenario 2

No Breakfast

- No time
- Not knowing what to eat
- Just not hungry

Can lead to:

- Increase in Cortisol (Stress hormone)
- Override Hunger Cues
- Metabolism Slows

What you may see:

- Cause an eventual "Crash" ie: cravings, overeating; usually in the evening/late night
- Overall more calories consumed during the day compared to if you had a "Protein-Healthy fat-Fiber" Breakfast.
- Decreased attention span, reduced energy levels, lower productivity

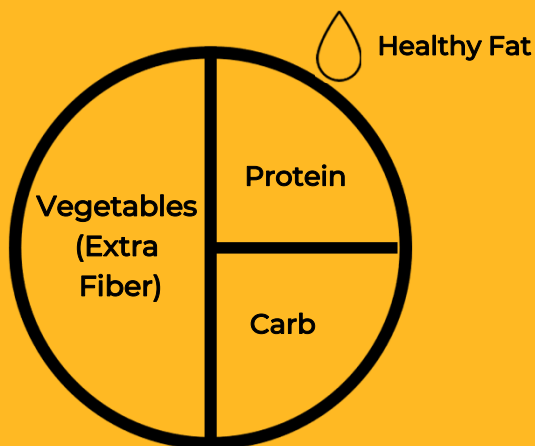
What does a lack of hunger mean?

- Ate too late in the evening
- Metabolism has slowed- potentially due to high cortisol levels (stress!) or lowered thyroid function or potentially long history of diet cycling

In a stressful or busy time of your life- you will do your body and metabolism a favor by fueling it reliably and not exacerbating stress .

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How to build a healthful plate



Protein: Super Satiater

Goal: Males >30g/meal; Females >20g or more

Ex: Meat, Seafood, Eggs, Greek yogurt, Cottage Cheese, Protein powder, Tofu, Beans

Healthy Fat: Balances your blood sugar + YUM

Goal: 10-30g/meal

Ex: Olive (oil) Avocado (oil), Egg Yolk, Nuts, Nut Butters/Milk, Seeds (chia, flax, hemp), mayo, certain dairy, butter, cheese, fat from meat

Fiber: Takes longer to digest=fuller, longer

Goal: 5-15g/meal

Ex: Veggies, Nuts, Seeds, Fruits, Whole Grains, Beans, Legumes

Carbohydrates: Needed for energy

Shoot for a serving of starchy carbs for meals

Ideally, carbs with fiber are preferred

Ex: brown rice, quinoa, whole wheat bread, banza pasta, potatoes, sweet potatoes, beans, lentils, corn, peas, fruit

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Meal Prep + Planning

Quick and Easy Meal Prep Ideas

Taco Bowls/Taco Salad
Shredded Chicken
Chicken Sausage
Tuna/Chicken Salad
Egg Bites
Adult "Lunchables"
Roasted Veggies + Potatoes
Yogurt Bowls
Smoothies



Weekend Champion

Setting aside just 60 min on the weekend to prep meals for the week



Partial Planning

Consider batch cooking different proteins, veggies and starches to have them ready to go for a meal throughout the week or when you're in a pinch



Prep as you go

When you're cooking up a meal -double or tripling the recipes for leftovers and take a couple minutes to prep things in a to go container for the next day

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Flexibility + Convenience

The
all or nothing attitude
will get you no where

Eating Out

- Keep in mind "plate" method
- Places with "bowls" ie: burrito bowls or grain bowls, protein heavy salads; meat/potato/veg meals
- Avoid heavy carb portions- implement "swaps" when possible

Meal Prep Delivery

Heat & Eat Meals: Factor, Tempo, or Local Meal Prep Establishments

Half way prepped: Home Chef/Hello Fresh/Green Chef

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Mindful Eating



No Distractions

Enjoy a meal in a *comfortable and calm environment*- this helps facilitate the parasympathetic nervous system, or "rest and digest" mode.

In a distraction free, calm space this will allow for better digestion and for better connection with fullness cues.

Taking breaks without distractions are actually shown to increase overall well-being and productivity



Chewing

Concentrating on chewing to applesauce consistency can help you in many ways. Chewing well slows down your eating. Your brain needs time to recognize fullness--taking more time will help you feel full on less food. If you're swallowing food without chewing enough, you've missed an opportunity to improve your digestion.



Pay Attention

Paying attention is about calming yourself down before a meal and noticing how the food looks, smells, feels, tastes, and sounds, as well as how you feel about the food.

This increases feeling of fulfillment from the meal, better awareness of fullness cues--all of which can help prevent overeating at that meal.

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Smart Snacking

Never leave a carb by itself

Ideally- we want you eating every 4-5 hours.

If you're going to be 5 hours or more until your next meal you will likely benefit from a snack to bridge the gap

PROTEIN/FAT

+ CARBOHYDRATES



Nuts



Dried Fruit



Cheese



Apple



Nut Butter



Banana



Cottage Cheese



Wheat Crackers

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Smart Snacking

*Protein + Fiber
will help keep you full
and prevent blood
sugar slumps*

OTHER SNACK IDEAS



Hard Boiled Eggs



Jerky



Edamame



Turkey Roll Ups



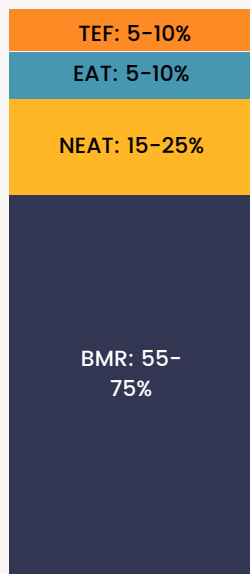
Greek Yogurt + Nuts/Seeds



Guacamole or Hummus with Veggies

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How Your Body Burns Calories



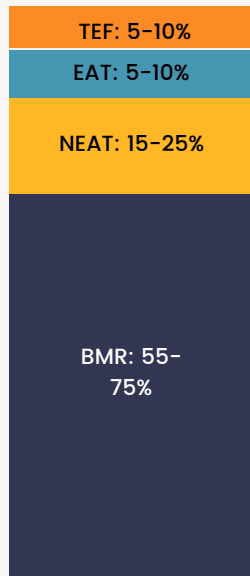
The calories that you consume from food and drink are used to fuel the different activities your body needs to do each day - this is your metabolism. This graph shows where those calories might go.

Basal Metabolic Rate= BMR includes the amount of energy you burn at rest. This is the energy your body burns just to keep you alive every day

Non-Exercise Activity Thermogenesis = NEAT includes all movement during the day outside of formal exercise. Things like walking, standing, doing chores around the house, getting groceries, and parking farther away would all count here.

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How Your Body Burns Calories



Exercise Activity Thermogenesis = EAT includes the calories you burn during exercise.

Thermic Effect of Food = TEF includes the calories that you burn eating and digesting food each day.

My big takeaways from this:

You will burn more calories from NEAT vs EAT movement
 ---EAT movement is still important-- but how can you optimize NEAT first?

You can increase your BMR through increasing muscle mass -
 -----How can you incorporate more MUSCLE BUILDING exercise?

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Live Your Life in Motion

1	Sneak in Random Movement	2	Stand 50 percent of the day
	<ul style="list-style-type: none"> • Stairs over Elevators • Find ways to move your body while waiting • Park farther Away • Mini Chores = Mini Workouts 		<ul style="list-style-type: none"> • Standing desk • Notifications to get up every hour • "Schedule" a walk break
3	Get an Accountability Partner	4	Habit Stack
	<ul style="list-style-type: none"> • Walking buddy for work • Check in on daily step/movement goals with each other 		<ul style="list-style-type: none"> • Walk and Talk- take phone calls or meetings on foot • Only listen to certain audio books and/or podcasts if you are walking • Use water or restroom breaks as a cue to walk

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Muscle is Money



- Increases resting metabolic rate (burns more calories at rest)
- Supports healthy blood sugar regulation
- Protects bone health and reduces risk of chronic disease
 - Boosts energy
- Promotes healthy aging/longevity

Strength Train

- Aim for 2-3 sessions per week (weights, resistance bands, body weight exercises)

Take Rest Days

- A way to never see progress is spending everyday at the gym. You need a minimum of two days rest/week

Eat to Fuel Muscle

- Eat protein at every meal-- ideally 25g+ at each meal to trigger muscle protein synthesis

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Sleep is Key

7-9 Hours is Ideal

Sleep Deprivation leads to:

- Increased Stress Hormones
- Increased Hunger Hormones
- Decreased Immune System
- Decreased Cognitive Function

Wind down Routine

- Spend an hour before bed doing relaxing activities, such as reading, meditating, or taking a bath (heat)
- Turn off electronics, turn down the lights

Stop caffeine in the afternoon

Ideally shutting down stimulants less than 6 hours before bed- highly individual

Morning sunlight + movement

Initiates circadian rhythm- to release melatonin in the evening; ~15 min

Environment

Keep your room quiet + dark; ~68 degrees

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Create a Health Forward Work Culture

"Healthier" Nutrition + Drinks

- Balanced catered lunches
- Healthier vending/snack options

Wellness Challenges

- Fun, team-based step counts, sleep or hydration goals
- Make sure to celebrate individual + team wellness efforts!

Promotion of Movement

- Encouraged breaks that allow for movement and/or walking
- Standing Desks

Mental Health-- HUGE!

Encouraging work-life balance, foster a supportive environment that encourages openness, empathy and compassion

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Let's Chat

Questions about anything on the presentation ...or anything else!

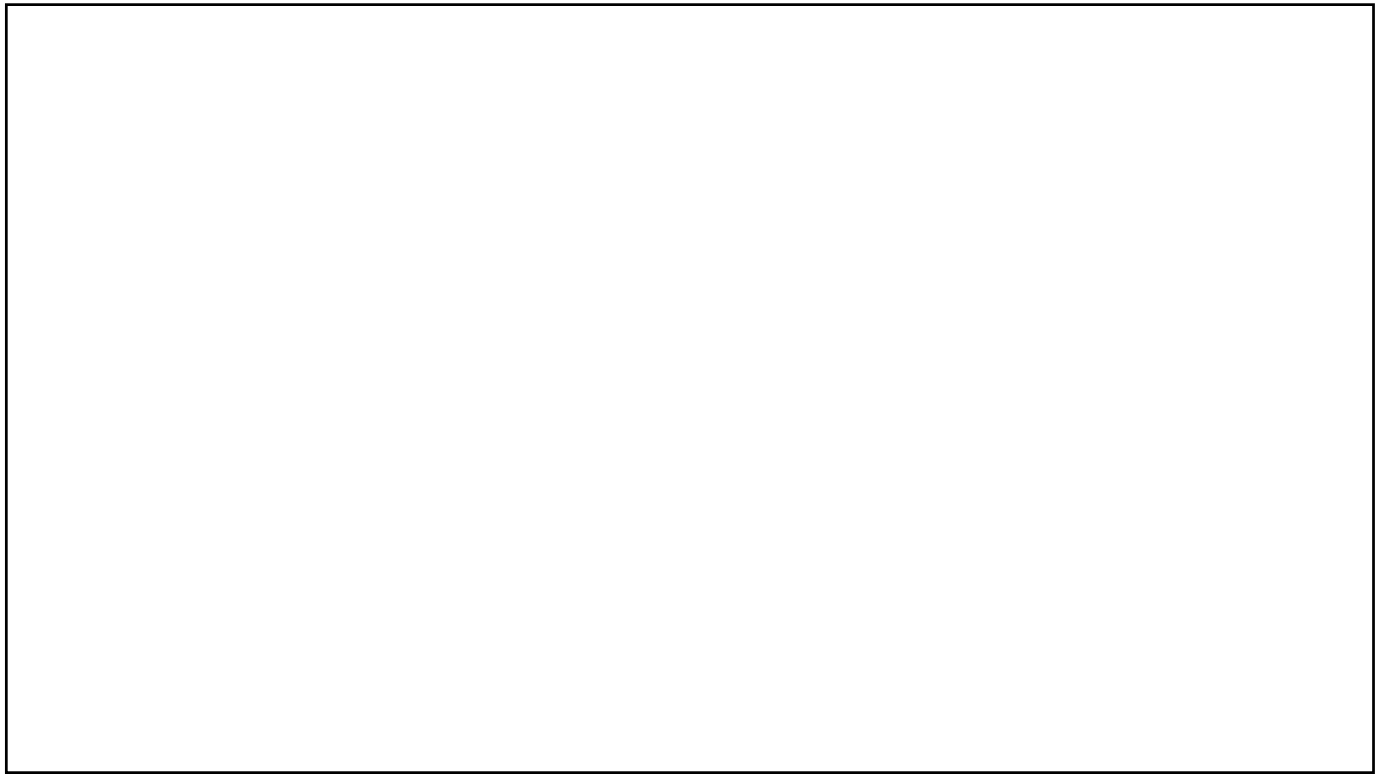
Email Address

morgan@womensnutrition.co

Instagram

[@womensnutritionco](https://www.instagram.com/womensnutritionco)

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